

**Analyzing Skill Phases p262-263***Movement Phases*

1. Preliminary Movement
2. Backswing
3. Force Producing Movement
4. Critical Instant
5. Follow Through

## Other Points to Consider:

- eye-hand coordination
- body position
- center of gravity
- anticipation of timing
- plan of where you want to send the ball (offensive thinking)
- shaking a defender

Nov 27-6:30 AM

**Application of Skill Phases: Example - Golf Swing**

1. Preliminary Movement- stance, ball position, grip and alignment
2. Backswing- drawing arms back, twisting at the hips, wrist flexed, consistent tempo
3. Force-Producing Movement- using entire body to produce torque (main power from the hips and back)
4. Critical Instant- eyes on the ball as contact is made, club -face square to the target all joints extended at the point of contact
5. Follow Through- eyes remain where the ball was contacted, arms swing and body twist continues after the ball is struck

Nov 27-6:35 AM

**Hockey****Slap Shot**

Preliminary Movement- puck placed centered but forward of your stance, athletic stance ( knees bent and moving forward to the puck), eyes on the puck

Backswing- draw arms back on target line, weight transferred to the back foot by rotating hips, head still focused on the puck, back foot square but forward skate open

Force Production- hips rotate forward, hips drop and and back knee flexes weight transfers forward with the hips

Critical Instant- weight is on front skate, joints extended to the target line, contact the ice surface six inches behind the puck, eyes still focused on the puck

Follow through- stick follows target line and extend to the target, hips rotate through the point of contact pulling the head up to the intended target, weight fully on the front skate

Nov 28-12:24 PM

**TENNIS**

PM - stance: back foot behind front foot, open stance, feet are behind the serving line, racket grip is neutral palm is on back of racket i.e.: shaking grip and in front of body

BSM - lob hand high, racket hand low and behind body, arms make one straight line (no bend in arms), bend at the knees, back foot is slid forward due to weight transfer

FPM - feet are parallel to one another, force production comes from legs and torso, swing in front of you start swing forward, body goes forward, jump up, elbow bends

CI - moment at which ball hits middle of racket, right arm follows through, on toes, hips twisting, torso rotation, hit ball slightly ahead of body to generate control, racket face is square when contacting ball, slight flex in torso forward to snap forward

FT - racket faces down and follows through to side of body, center of gravity is tipped when bending forward

Nov 16-11:50 AM

**SOCCER**

PM - line up slightly to the side of the ball approx 4-5 paces, back is straight, center of gravity is slightly forward,

BS - plant foot beside ball, draws kicking leg back, lock ankle, externally rotating hips, create larger ROM, bring center of gravity back

FPM - rotation of hips forward, knee is still bent from hips, whip of kicking foot

CI - extended hip and knee, slight flexion in spine for control and to create torque, kicking leg knee needs to be over ball, leg is straightened, rotating hips, locked ankle, toes pointed down, foot (laces)contacts ball

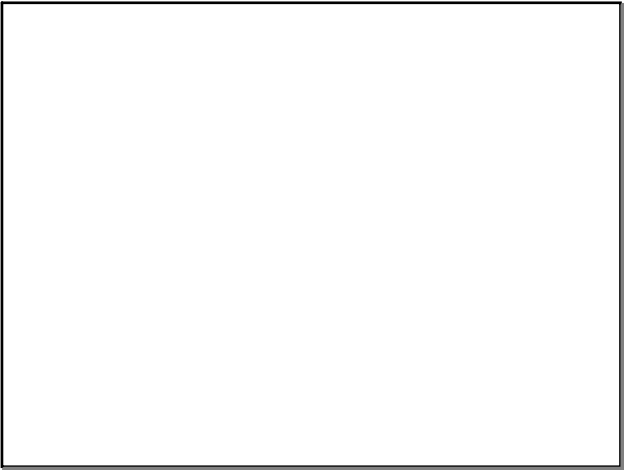
FT - momentum is carried through, 2-3 paces past where you kick, toe is pointed toward direction of target, hips directed at target

Nov 16-12:04 PM

**Running Stride**

<https://www.youtube.com/watch?v=wRkeBVMQSGg>

Nov 30-9:31 AM



Nov 30-12:35 PM